

Washington Ozaukee Public Health Department

COVID-19 Recommendations

Prevention

Layered prevention strategies can help prevent the spread of disease. Any individual who is experiencing symptoms of COVID-19 is encouraged to get tested.

The basics of infection prevention include:

- Staying home (not coming to school or work) when you are ill
- Cleaning and disinfecting classrooms, materials, and surfaces
- Providing good ventilation and air flow
- Washing hands
- [Vaccination](#)

When making decisions about prevention strategies, your county's [COVID-19 Community Level](#) should be considered. Each level helps convey how much COVID-19 is impacting your community using data on hospitalizations and positive cases.

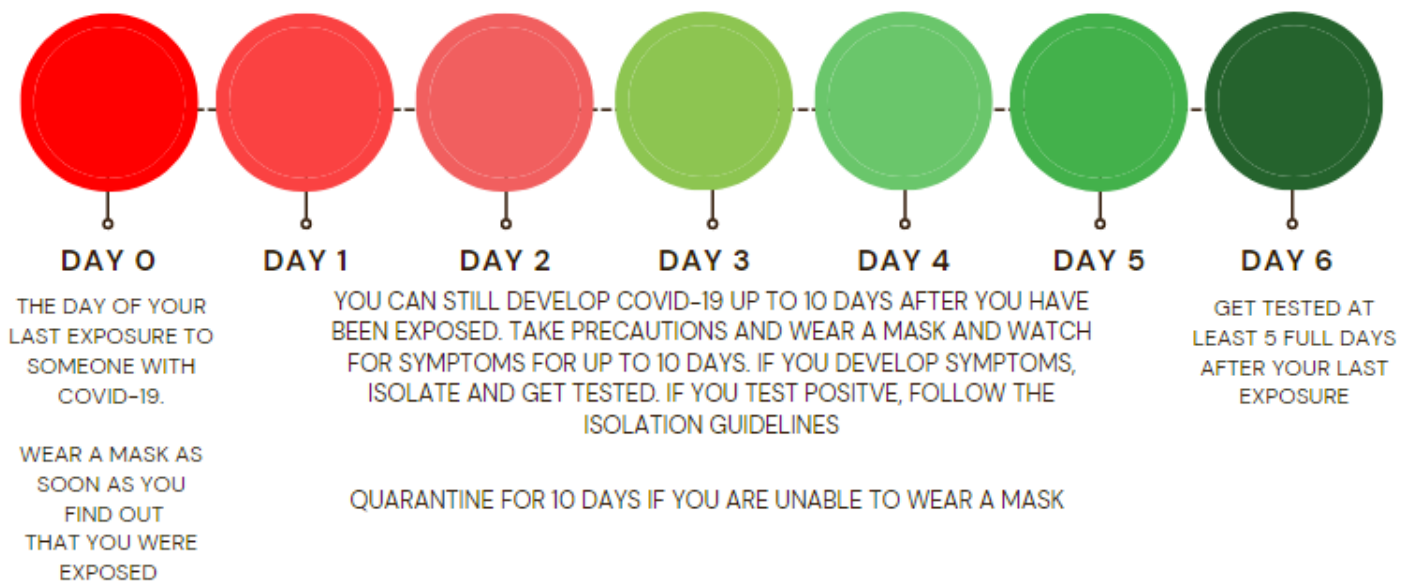
These recommendations do not apply to [healthcare personnel](#) or [travel](#).

Testing

Regardless of your vaccination status, testing is recommended for individuals who are experiencing [symptoms](#) of COVID-19, or following exposure to someone who has tested positive for COVID-19.

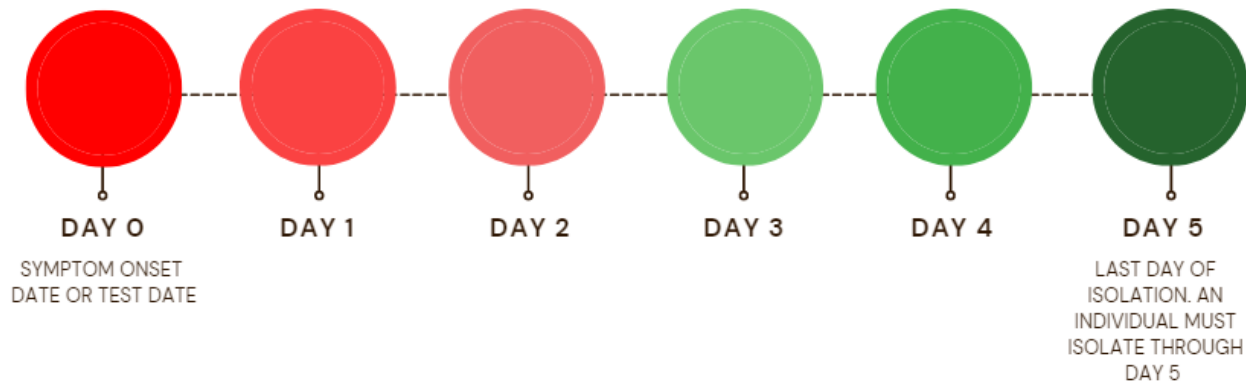
Testing locations can be found at <https://www.dhs.wisconsin.gov/covid-19/testing.htm>.

Exposure to COVID-19 (regardless of your vaccination status)



Isolation (if you tested positive for COVID-19)

Regardless of vaccination status, stay home and away from other people for at least 5 days. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.



End isolation after day 5 or later if you never had symptoms or have been fever free for 24 hours without the use of fever reducing medications and have symptom improvement, with continued mask use for 5 additional days (day 6 through day 10). If you have access to antigen tests, consider using them. With two sequential negative tests 48 hours apart, masks can be removed prior to day 10.

If you are unable to wear a mask, isolate for 10 days.

If COVID-19 symptoms recur or worsen after ending your isolation, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms, or when to end isolation.

Further Resources

CDC (Centers for Disease Control and Prevention)

- [Operational Guidance for K-12 Schools](#)
- [What to Do If You Were Exposed to COVID-19](#)
- [Isolation and Precautions for People with COVID-19](#)

DPI (WI Department of Public Instruction)

- [COVID-19 Infection Control and Mitigation Measures for Wisconsin Schools 2022-2023](#)